

The Ridge Track & Field Camp, directed by Nicole Gilhuley, Ridge High School Head Boys Track & Field Coach, will offer an **introduction to all events** for any boy or girl entering grades 1-9. Emphasis will be on basic skills as well as teamwork during relay events. All participants will have an opportunity to compete in events throughout the week.

Ages:

Boys and Girls entering Grades 1-9
(Sept. 2025)

Events:

- ★ Running events
- ★ Jumping events
- ★ Throwing events
- ★ Relays

Instructors:

Nicole Gilhuley, Ridge High School
Head Boys Track & Field Coach
Troy O'Connor, Ridge High School
Head Girls Track & Field Coach
RHS Track & Field Staff
High School and Collegiate Runners

Awards will be given to all!

RIDGE TRACK & FIELD Fundamentals CAMP



Fundamentals Track & Field Camp July 14th - 17th

RIDGE HIGH SCHOOL
TRACK AND FIELD FACILITY

5:30-8:00 pm

Equipment:

- Dress for the weather
- Sneakers should be worn at all times
- Water bottle!!!

CAMPER REGISTRATION ONE REQUIRED PER CAMPER

PLEASE ENTER THE FOLLOWING URL INTO
YOUR BROWSER.

<https://tinyurl.com/RidgeCamp1>

CAMP COST:

\$220 (one child, per session)

\$400 (two children per family per
session)

Make Checks Payable to:

Valley Project Track Club

Please Mail Checks to

Nicole Gilhuley

26 Birchwood Road

Bedminster, NJ 07921

or Venmo @Nicole-Gilhuley

For further information email/call:

coachgilhuley@gmail.com

(908) 531-2797



Although this camp is consistent with the mission of the Bernards Twp. Board of Education, it is not a Board of Education endorsed or sponsored program. The program is a private enterprise, entirely separate from the Bernards Township Board of Education